

## December Trainings and Activities

**Dec 3<sup>rd</sup> 6-8 pm Don't Gag Your Giggle™ Coping with stress through humor** Tibby Cornelius, M.C. is CEO (Coordinator of Exciting Optimism) of Jest in Time. She founded Jest in Time 16 years ago to teach and motivate others to invite more laughter, humor and play into their lives. Humor lightens the difficulties of life and helps us combat everyday stress. It creates happiness and gives you a special joy of accomplishment. The Holidays can be especially stressful for Foster and Adoptive children. Learn how to put more laughter into their lives. You will hear the benefits of laughter and humor and have the opportunity to enhance your own humor style and profile. You will learn basic ideas for increasing your laugh life and gain ideas for jumpstarting your laughstyle. Please call Mike to register at (602) 930-4451 or (602)410-6236 Held at Lodestar Family Connections Center 2320 N. 20<sup>th</sup> St. Phoenix 85006

**Dec 4<sup>th</sup> 11:30-1pm Child Abuse Prevention Roundtable topic: CHLDHELP USA : Overview of Childhelp Programs and Services** held at Phoenix Crisis Nursery (2334 E. Polk , one block north of Van Buren and just of 24<sup>th</sup> Street )Lunch Anyone? Be our guest for lunch but you must make reservations by notifying Billie Wares at 602-273-7363, between 8:00 a.m. and 4:00 p.m. weekdays by Monday, December 3 at noon at [bwares@crisisnurseryphx.org](mailto:bwares@crisisnurseryphx.org) if you want lunch. Please make reservations.

**Dec 5<sup>th</sup> 5-9pm: Article 9.** Held at UCP main office located at 1802 W. Parkside Lane, Phoenix, AZ 85027. To schedule call Catherine at 602-943-5472

**Dec 5<sup>th</sup> 5:45-8pm \*Stepping Stones- Post Placement Workshop Series: For Parents of children 0 – 5. Four Sessions Second Session December 5, 2007 from 5:45-8:00pm**

This group is specially designed for families that have recently (in the past year) taken placement of a child through adoption, foster care, kinship, or guardianship. Topics include: Child development, Grief & Loss, Attachment, & Discipline. There is no cost to the family and dinner and childcare (for children 7 and younger) are provided. There is a parent group and a youth group (for children 8 and older). We request that families attend all four sessions which will be every Wednesday from November 28<sup>th</sup> through December 19<sup>th</sup>. Families will earn 9 hours of advanced training for completing the series.

Registration is required. For more information/registration, please contact Salvador Pastrana at 602-930-4443. Held at Lodestar Family Connections Center 2320 N. 20<sup>th</sup> St. Phoenix 85006

**Dec 6<sup>th</sup> 6-8pm Loving-Touch Parent-Child Massage Training Karen S. Gillian, LMT, CIMI, CPST** is a licensed Massage Therapist and certified instructor of infant massage, in addition to a foster/adoptive parent of six. In this hands-on training, parents will learn the techniques of infant/child massage for their children. Karen will teach the physical benefits of massage, including strengthening of digestive, circulatory and gastrointestinal systems, reduced discomfort from teething, gas or colic, increased circulation and respiration, increased mid-line orientation and increased vocalization. Karen will also include the emotional/psychological benefits including increased bond, relaxation of both parent and child, increased self-esteem for parent and child, and increased ability for the parent to read their child's cues. Karen will address special needs issues, positive vs. negative touch, and protocol for using massage. Please bring your infant/child and a small blanket as this is a hands-on class. Registration is required. Please call Mike 602-930-4451. Held at Lodestar Family Connections Center 2320 N. 20<sup>th</sup> St. Phoenix 85006

**Dec 6<sup>th</sup> 6:30-8:30pm \*Dr. Texidor- Right Brain Development, Affect Regulation and Attachment** Dr. Texidor will discuss what happens during the first three years of life and development of the brain. He will explain the effects on affect regulation and attachment. Parents will be given examples of what they

need to do to change affective disregulation in their child. To register, required, call Mike at 602-930-4451. Held at Lodestar Family Connections Center 2320 N. 20<sup>th</sup> St. Phoenix 85006

**Dec 8<sup>th</sup>, 9a-1pm CPR and First Aid** held at United Cerebral Palsy 1802 W. Parkside Ln, Phoenix. Call Catherine to register 602-943-5472.

**Dec 8<sup>th</sup>, noon to 3pm Unity Christmas Party** held at Dave and Buster's at Desert Ridge Marketplace 21001 N Tatum Blvd Phoenix, AZ 85050 (480) 515-6248. RSVP to Jillian by 12-03-07 at 623-444-2276 or [jlanson@unity-llc.com](mailto:jlanson@unity-llc.com). The party is from 12:00-3:00, buffet will start at 12:30; bowling will be available from 12:00-3:00.

**Dec. 8<sup>th</sup> and 22nd: Billing due!! Please fax to 623-322-4769 or mail to Unity 10320 W. McDowell suite F6018 Avondale AZ 85392 (please note zip code change!)**

**Dec 11<sup>th</sup> 10a-1pm: Medications (10-11), Universal Precautions (11-12), Lifting and Transferring (12-1):** Held at UCP main office located at 1802 W. Parkside Lane, Phoenix, AZ 85027 To schedule call Catherine at 602-943-5472

**Dec 11<sup>th</sup> 9a-1pm: Article 9.** Held at UCP main office located at 1802 W. Parkside Lane, Phoenix, AZ 85027. To schedule call Catherine at 602-943-5472

**Dec 11th 10:00a-12:30pm Article 9** held at Unity 10320 W. McDowell Rd. #F6018 Avondale 85323. To sign up contact Jessica Hagemeyer at 602-541-8494 or [jkh@unity-llc.com](mailto:jkh@unity-llc.com)

**Dec 13th 10a-2:30pm Adult/Infant/Child CPR and first aid** held at Unity 10320 W. McDowell suite F6018, Avondale 85392. To sign up for all or part, please contact Angie at 602-441-4751 or [angiecox@unity-llc.com](mailto:angiecox@unity-llc.com)

**Dec. 15<sup>th</sup> and 30th: PAY DAY!! Your check will be mailed to you.**

**Dec 24<sup>th</sup> and 25<sup>th</sup> - Unity offices closed for Christmas-MERRY CHRISTMAS!**

#### **Upcoming training in 2008**

**February 5th 2008 1:30pm – 8:00pm Voice Your Choice!! AzDAC ANNUAL LEGISLATIVE ADVOCACY TRAINING DAY** Phoenix location to be announced. Register Now! Sponsored by Arizona Disability Advocacy Coalition (AzDAC) The goals of this training are to help you: · Understand how the legislative process work · Advocate for legislation that is important to you · Prepare to meet and talk with your legislator Registration Deadline 12/21/07 This event is presented in conjunction with the Arizona Legislative Awareness Day on Feb. 6, 2008 11:00 am - 1:00 pm at the Arizona State Capitol in Phoenix. For registration information go to [www.acdhh.org](http://www.acdhh.org) Or contact AzDAC member and training registrar: Liz Olson at [olson@acdhh.az.gov](mailto:olson@acdhh.az.gov) Phone 602-542-2232

#### **SAVE THE DATE!!!!**

**“The Arizona Disability EXPO: Your Life, Your Community, Your Future” Wednesday, February 20, 2008 Hall E of the Phx Convention Center, 3<sup>rd</sup> St/Jefferson 9:00am – 4:00pm** 100+ Exhibitors Speakers & performances by Improbable Theater Company Honoring Community Leaders with the Brandy Liston Awards & the Randy Werner Award for Excellence and much, much, more!!! Look for more information soon at [www.azdx.com](http://www.azdx.com)!!

#### **Jan 14<sup>th</sup> 6:00-8:00pm \*What Is It Like To Be a Foster Child with Shannon Clayton**

While we have all received training on the realities of being a foster child, nothing can get us closer to understanding than listening to someone who has experienced it themselves. Shannon Clayton will be here to share her story of being in foster care and offer her recommendations to the families who have foster children in their homes. Registration is required. Please call Mike to register at 602-930-4451.

